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PRACTICAL SUGGESTIONS



A REMEDY FOR STIMULATING MOTHER'S MILK

At any time during the nursing period that the mother's milk begins to decrease in quantity, it will usually be increased at once if she will drink gruel made as follows: To one pint of boiling water add three level tablespoonsful of corn meal, one-half teaspoon salt, one heaping tablespoon sugar. Cook thoroughly, for at least one hour, then add two-thirds of a quart of milk. Stir and cook until the mixture bubbles to the top of the pan. Thin with milk. Give as necessary. Usually three glasses of this, warm or cold as preferred, in twenty-four hours is sufficient to aid the milk supply.

A. B.

TO MOVE A PATIENT FROM ONE SIDE OF THE BED TO THE OTHER WITH PILLOWS

HAVE the patient lie on the back with knees flexed. With the right hand, lift the patient enough to place one pillow under head and shoulders, with the closed end of the pillow on the side toward which the patient is to be drawn. Then, with the left hand under the hips, lift the patient enough to place pillow under the patient with the right hand, having the closed end on the same side as the first pillow. Taking hold of the two closed ends of the pillows, draw the patient. This method is practical in moving emaciated patients with tendencies to bed-sores.

E. W. S.

SOME of the instructions given to librarians for the cultivation of library handwriting would be useful to nurses in chart and record making. The following extracts are from a pamphlet on Library Handwriting, issued by the Education Department of New York State, sent us by Anna L. Alline, R.N.

"The first requisite of a good hand is legibility. Particularly is this true in catalogues or records for public use. Uniformity is vital to neat appearance and has much to do with legibility. Ink should be protected from dust and from too free evaporation. The important feature of an inkstand is a reservoir of ink shut away from dust, light, and air, and feeding easily into a tiny dip cup for immediate use. (Miss Alline adds that such an inkstand gives less chance for upsetting.) The best work is usually done with a steel pen. Gold fountain pens with short

stiff nibs give admirable results and are of the greatest practical value. Trial will prove what kind suits the hand best. Fine pens are to be avoided, as the lines are trying to weak eyes and on dark days. A good steel eraser kept sharp is essential. Before an attempt is made to rewrite, the erased surface should be rubbed carefully with an ivory paper cutter. A good rubber ink eraser and a brush for removing the crumbs without soiling the paper by brushing off with moist fingers should be at hand. Circular or obliquely cut bar erasers are the best as their sharp edge admits application to a smaller surface of the paper. Blotting paper makes the best desk surface. Writing should not be blotted, but allowed to dry with the full amount of ink on the lines. Other things being equal, the more upright the letters, the more legible the writing. In writing sit squarely at the desk and as nearly upright as possible. Make a uniform black line with no shading. Have all writing uniform in size, slant, spacing, blackness of lines and forms of letters."

MR. RUDYARD KIPLING, in an address to the medical students of the Middlesex Hospital, England, made some statements which so nearly apply to nurses that they will be appreciated:

"Every sane human being agrees that this long-drawn fight for time is one of the most important things in the world. It follows, therefore, that you who control and oversee the fight, and you who will reinforce it, must be among the most important people. The world certainly insists on treating you as such. It long ago decided that you have no leisure that anybody is bound to respect. Nothing but extreme illness will excuse you in its eyes for refusing to help a man who thinks he needs you at any hour of the day or night. Nobody will care whether you are in your bed or in your bath, or at church or in a theatre. What little vitality you may have accumulated in your leisure will be dragged out of you again. In all time of flood, fire, famine, plague, pestilence, battle, murder, and sudden death it will be required of you that you go on duty at once, and stay on duty till your strength fails or your conscience relieves you, whichever may be the longer period. These are some of your obligations, and I do not think they will grow any lighter. It is required of you at all moments to save others. It is nowhere laid down that you must save yourselves."